

## **Message from the Valley Regional Athletic Department:**

A Valley Green Pass Packet will be required for the **first** sport season your son or daughter plans to try out for at Valley Regional during a school year. Your assistance is requested to have your student-athlete's required paperwork in ahead of time on mandatory check in days provided below. During the summer, Green Passes and all paperwork may be picked up or dropped off at the main office which is open weekdays from 8am-3pm. You may also download most of the paperwork by going on [www.vrhs.com](http://www.vrhs.com), Parent /Student Resources, Athletics, Home Page, Forms. Please feel free to attach a copy of your student-athlete's June report card only if you have your own copy on hand for faster processing. The website will also have listings of first official practice sessions which will be posted on August 17<sup>th</sup>.

**NEW THIS YEAR\*\*\* Official Check In Day with the Athletic Director, School Nurse and Athletic Trainer:** The check in will consist of the AD checking off on all paperwork and grades, the nurse checking off on physicals and the new trainer putting the athlete through the ImPACT test (a 30-40 minute pre-concussion baseline test done in the Library Computer Lab in 30 minute sessions). Only Fall Sport Season Green Passes are due and must be brought in by the actual athlete by the following dates:

**Wed. August 19<sup>th</sup> from 9-12noon** – Mandatory for all Football Players/ other athletes not able to make their mandatory date below for valid reasons

**Mon. August 24<sup>th</sup> from 3:30-5:30pm** – Make up session for FBall/other athletes not able to make their mandatory date below for valid reasons

**Thurs. August 27<sup>th</sup> from 12-3pm** – Mandatory for all other Fall Athletes

***Turn your Green Passes in ahead of the check in dates and wait in the ImPACT only express lane!!***

### **THE VALLEY GREEN PASS Packet contains:**

#### **1. Green Cover Sheet:**

If your student-athlete has not already acquired a signature on his/her cover sheet from the VR school nurse in the spring, then you will need to provide one of the following:

- Attaining the signature from our school nurse (proving your son or daughter's physical is updated and on file) on the Valley Green Pass by dropping the pass off at the front office during the first 3 weeks in August.
- A copy of his/her current or new physical (which is valid for 13 months from the date on it and must be updated if it has expired).
- A copy of a physician's note stating that he/she is cleared and may participate until his/her next scheduled physical which is on \_\_\_\_\_ date.

If you have not provided any of these copies or the nurse's signature, then your student athlete may not be allowed to participate in any activities on the first official day of practice. If your student-athlete is going into grades 10, 11 or 12, a copy of your student-athletes June Report Card would speed up his/her processing. Freshmen are automatically academically eligible.

#### **2. Emergency Permission Form - completed**

#### **3. Athletic Risk Waiver - completed**

#### **4. Parent/Student Acknowledgment Form - completed**

#### **5. Med. Kit Emergency Card – completed**

Thank you for your assistance and GO WARRIORS!

Ginny Mislick, Region 4 Athletic Director ([vmislick@vrhs.com](mailto:vmislick@vrhs.com))